

(table1 &2) which has no state level policy. There is greater potential for school-based awareness programs in Uttranchal as well as whole of India followed by cessation initiative.

Recommendations

Based on the findings of the study, the following recommendations are made;

- (1)Initiation of Intensive education and awareness campaigns as majority of them are ignorant of the risks associated with the use of tobacco products/ ETS. (2) Schools in Uttranchal need to have curricular practices and tobacco policy prohibiting tobacco use by students, school personnel and any visitor in school premises. And also since a significant proportion of the youth start smoking at the age of 10 (or less), there is need for tobacco control education to be introduced at an early age, possibly at school inception and those parents and guardians must be involved in the campaign.(3) Lobbying for anti tobacco legislation, which will regulate marketing and distribution of tobacco products and ban tobacco advertisements and tobacco sponsorship to sports. It would be useful to monitor how the tobacco industry adapts its strategies to induce young people into smoking so that appropriate Counteractions should be developed.
- (4) Framework public policies and enact and enforce tobacco control legislation that would prevent the youth from buying tobacco products and tobacco trade.
- (5) Training of media personnel on how to effectively inform and educate the public, more especially the youth, on issues pertaining to tobacco use.
- (6) In order to obtain a more comprehensive picture of tobacco prevalence among the youth in the state, the survey needs to be repeatedly done (possibly once in every three years) and should also be expanded to the youth who are not school goers.

In sum, the study revealed rampant and ravaging use of tobacco among the youth in the state. It is therefore, imperative that all possible expedient actions be taken to redress the situation that can be addressed by a good tobacco control legislation and policy.

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Acronyms and Abbreviations

CDC	Centre for Disease Control
ETS	Environmental Tobacco Smoke
FCTC	Framework Convention on Tobacco Control
GYTS	Global Youth Tobacco Survey
NGO	Non Governmental Organization
TFI	Tobacco Free Initiative
WHO	World Health Organization

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